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› Holoswim Smart Swim Goggles 2S Instruction Manual

## Holoswim 2S

# Holoswim Smart Swim Goggles 2S Instruction Manual

Model: Holoswim 2S

## INTRODUCTION

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Welcome to the Holoswim Smart Swim Goggles 2S. These innovative goggles are designed to enhance your swimming experience by providing real-time performance data directly within your field of vision. With advanced AR technology and comprehensive tracking features, you can monitor your progress and optimize your workouts with ease.

## PACKAGE CONTENTS

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Your Holoswim Smart Swim Goggles 2S package includes the following items:

- Holoswim Smart Swim Goggles 2S
- 1 pair of -3.0D myopia lenses (individually packaged for assembly)
- 4 custom-sized nosepieces
- Carrying case
- Quick magnetic charging cable



Image: Holoswim Smart Swim Goggles 2S, showcasing the main unit.

# With Flexible Myopia Lenses for Clearer View

0.2mm Thickness



Image: The Holoswim goggles neatly stored in their protective carrying case, alongside the included myopia lenses.

## SETUP

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### 1. Lens Assembly (for Myopia Lenses)

The myopia lenses are packaged separately and require assembly. If your vision differs significantly between eyes (e.g., -3.0D and -6.0D), you can select and assemble two different lenses to match your prescription.

### 2. Nose Bridge Adjustment

Select one of the 4 custom-sized nose bridges that provides the most comfortable and secure fit for your face. Gently attach it to the goggles until it clicks into place.

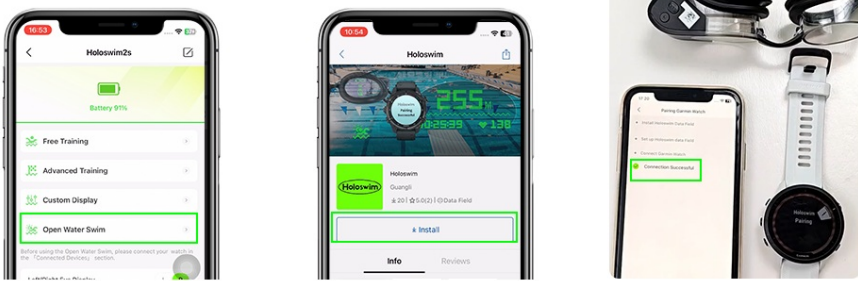
### 3. Charging the Goggles

Connect the quick magnetic charging cable to the charging port on the goggles. Connect the other end to a USB power source. The battery lasts up to 4 hours of swimming on a single charge.

## 4. App Installation and Pairing

To unlock the full potential of your Holoswim goggles, download the Holosport app from your smartphone's app store. Follow the in-app instructions to pair your goggles and create your personalized profile. This allows for detailed tracking and analysis of your swimming performance.

### First-Time Configuration



The image shows three smartphones illustrating the first-time configuration steps. The first phone displays the Holoswim app interface with options like 'Free Training', 'Advanced Training', 'Custom Display', and 'Open Water Swim'. The second phone shows the Holoswim plug-in installation in the Garmin Connect IQ App. The third phone shows the pairing process between the watch and goggles.

Goggles firmware upgrade in Holosport App ( not App upgrade )

Holoswim plug-in installation in Garmin Connect IQ App

Set up the connection between your watch and goggles

### Use Guide

- Turn on the open water mode of the goggles
- Turn on the open water mode of the watch
- Start using after pairing

Image: Step-by-step guide for initial setup, including app download, pairing, and watch connection (if applicable).

## OPERATING THE GOGGLES

### Real-time Data Display

The Holoswim goggles feature an OLED holographic display and AR diffractive optical waveguide, projecting real-time swimming data directly into your line of sight. This allows you to easily monitor your performance without interrupting your swim.



Image: A close-up view of the real-time metrics displayed within the goggle lens during a swim.

### Holosport App Functions

The Holosport app provides powerful functionality to manage and analyze your swimming data:

- **Training Program Import:** Before your workout, import your custom training programs into the app.
- **Synchronized Training Records:** After swimming, long-press the function button on the goggles to save your synchronized training record to the app.

- **Detailed Performance Review:** Review and analyze your performance in detail on your smartphone, including 12 data items: duration, distance, calories burned, number of trips, SWOLF, and speed per 100 meters.

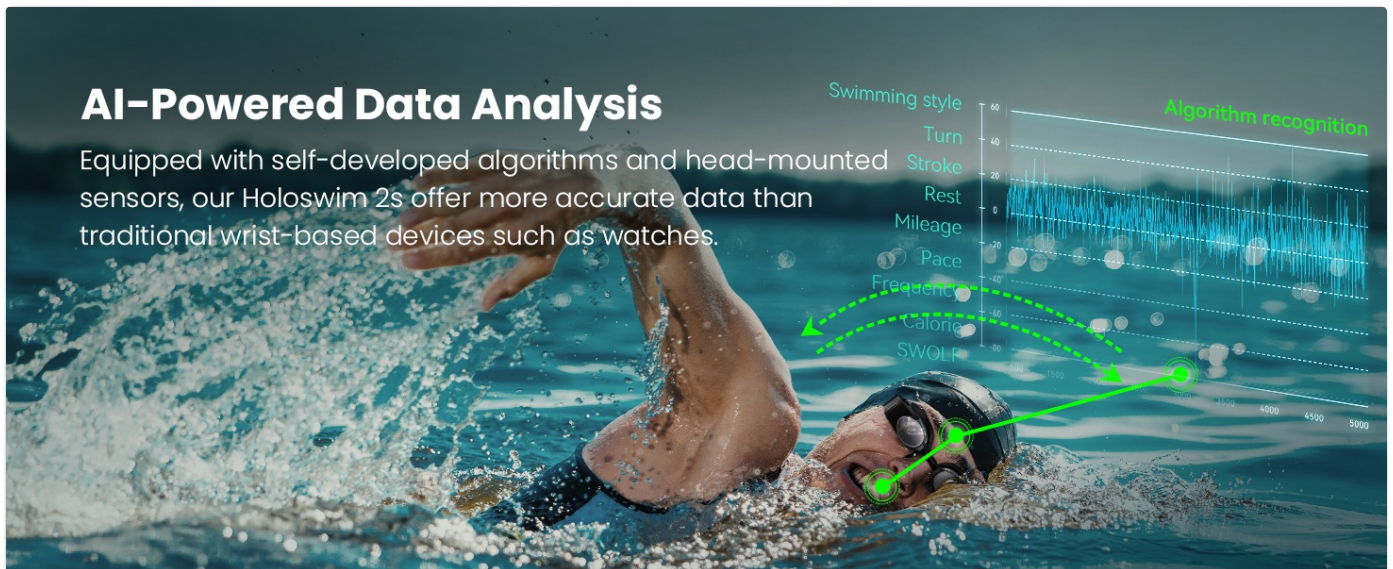


Image: A swimmer in the pool, with an overlay illustrating the AI-powered data analysis and algorithm recognition for various swimming metrics.

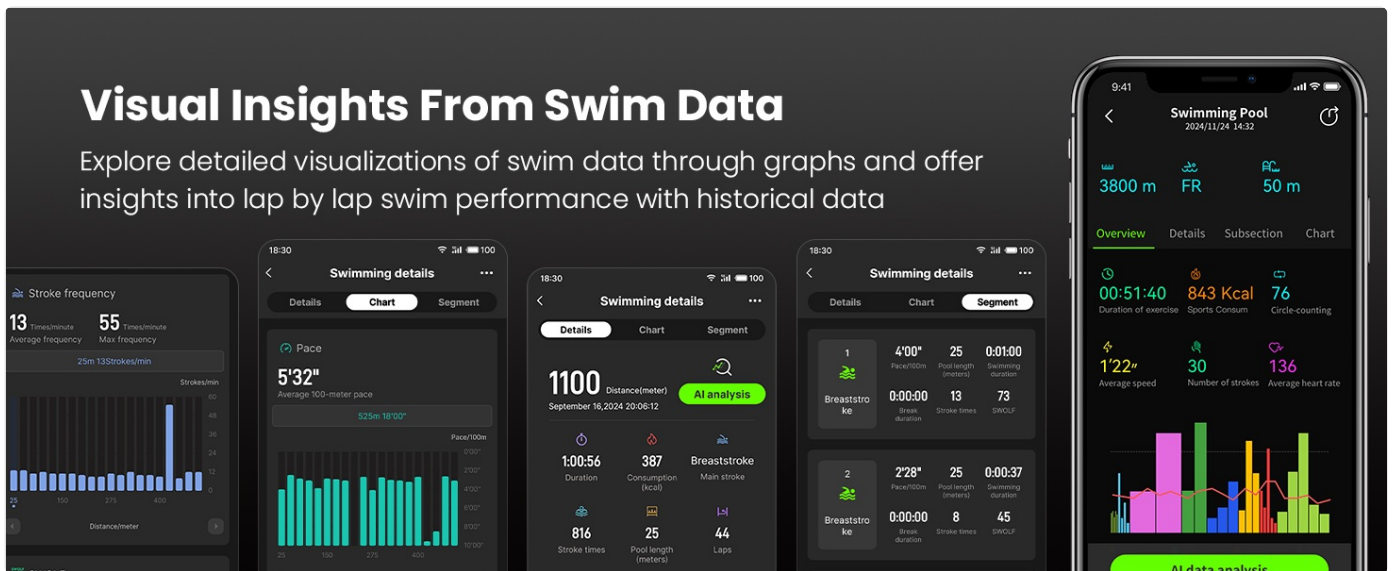


Image: Multiple smartphone screens displaying detailed visual insights and historical data from the HoloSport app, including graphs and lap-by-lap performance.

## Training Modes

The HoloSwim goggles offer various training modes to suit your needs:

- **Free Swim Mode:** Swim at your own pace while receiving real-time data.
- **Goal Mode:** Set specific distance or time goals for your workout. The goggles will track your progress and notify you upon completion.
- **Custom Mode:** Tailor your workout plan with specific intervals or targets.
- **One-on-one Coach:** Utilize the built-in training model for personalized training plans and real-time instructions displayed directly in the goggles.
- **Focus Mode:** An interval AR display designed to help maintain concentration while staying informed of your metrics.
- **Open Water Mode:** Track distance, heart rate, swim time, and pace in open water environments. (Note: This mode only supports HoloSwim 2s model and requires connection to a Garmin watch).

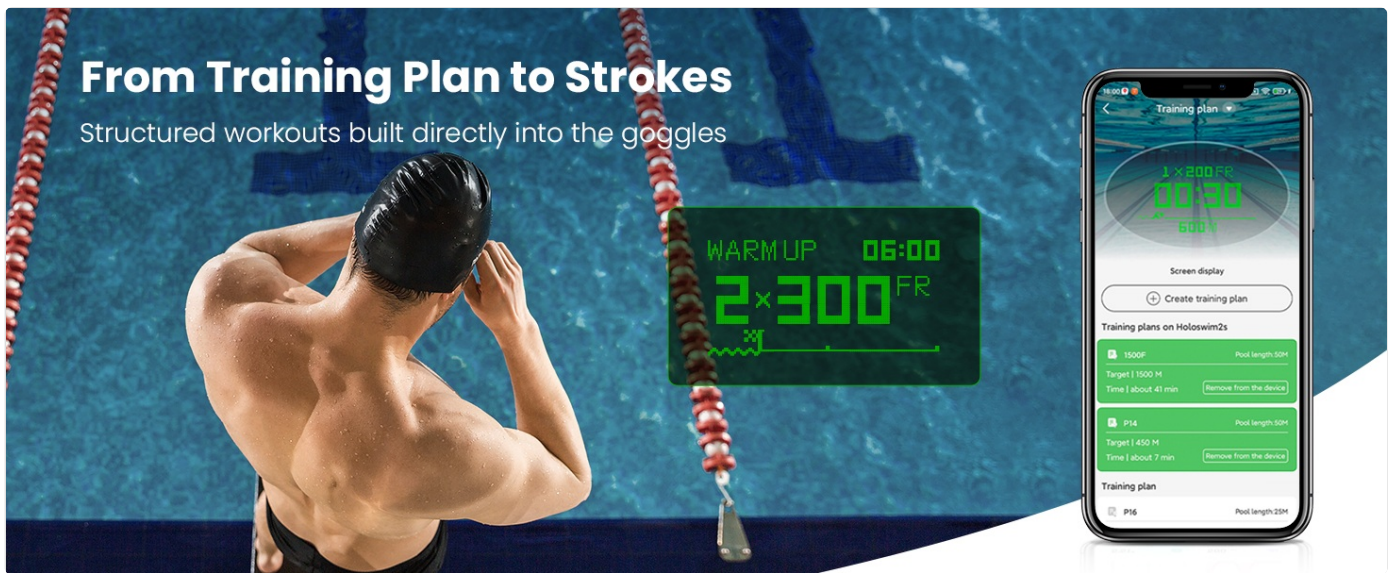


Image: A swimmer looking at the in-goggle display showing a structured workout plan, with a smartphone displaying the training plan interface.



Image: A swimmer in the pool, demonstrating the Focus Mode with an accompanying app screenshot showing custom display settings.

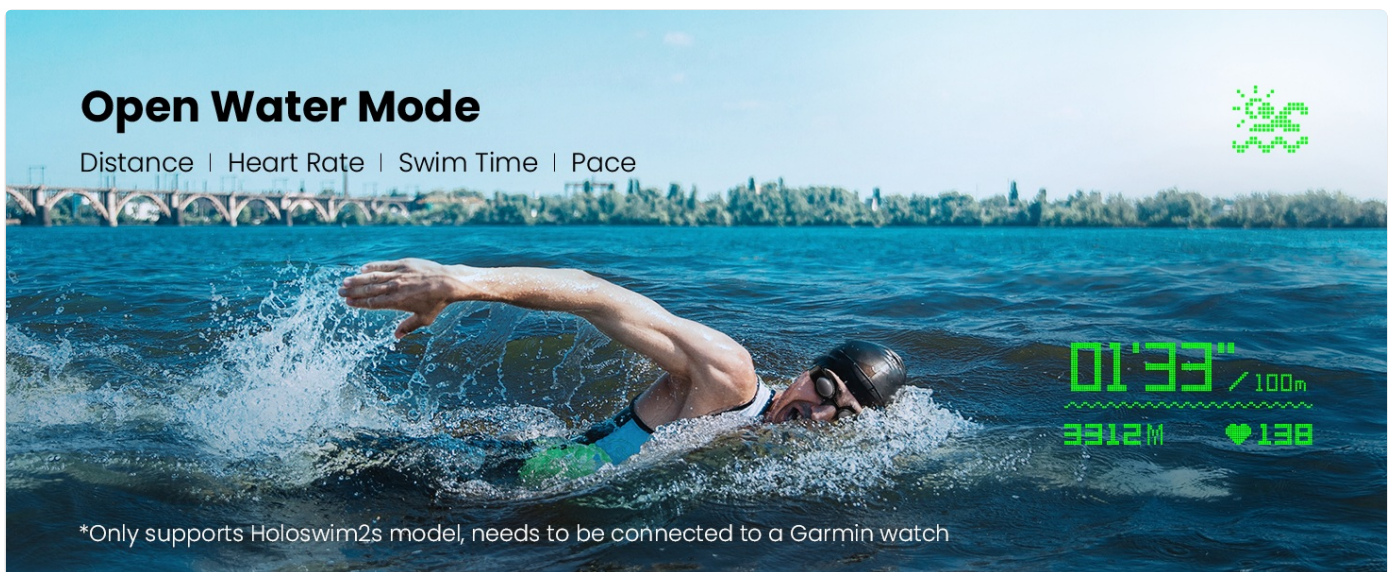


Image: A swimmer in open water, with the goggle display showing metrics like distance, heart rate, swim time, and pace.

To ensure the longevity and optimal performance of your Holoswim Smart Swim Goggles 2S, follow these maintenance guidelines:

- **Anti-fog and Waterproofing:** The goggles feature industry-leading anti-fog technology and IPX8-rated waterproofing. Avoid touching the inner surface of the lenses to preserve the anti-fog coating.
- **Cleaning:** After each use, rinse the goggles with clean, fresh water. Do not use abrasive cloths or harsh chemicals, as this can damage the lenses and coatings. Allow them to air dry completely in a cool, shaded area.
- **Storage:** Store the goggles in their provided carrying case to protect them from scratches and impacts when not in use.



Image: An illustration of the multi-layered lens structure, highlighting the high-tech coating for anti-fog endurance and visual clarity.

## TROUBLESHOOTING

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If you encounter any issues with your Holoswim Smart Swim Goggles 2S, please refer to the following common troubleshooting tips:

- **Goggles not turning on:** Ensure the goggles are fully charged using the provided magnetic charging cable.
- **Display not visible/clear:** Check if the goggles are properly positioned on your face. Ensure the lenses are clean and free of smudges. If swimming outdoors, direct sunlight might affect visibility; try adjusting your angle or swimming in a shaded area.
- **App connection issues:** Make sure Bluetooth is enabled on your smartphone and the goggles are within range. Restart both the goggles and the app.
- **Inaccurate data tracking:** Ensure the goggles are worn correctly and securely. Verify that the pool length setting in the Holosport app is accurate for your swimming environment.
- **Water leakage:** Adjust the nose bridge and strap for a tighter, more secure seal around your eyes. Ensure no hair is caught under the silicone gasket.

For persistent issues, please contact Holoswim customer support.

## SPECIFICATIONS

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Feature	Specification
Product Model	Holoswim 2s

Weight	70g
Optical Solutions	AR holographic resin optical waveguide
Image Source	OLED
Wireless Frequency	2400~2483.5 MHz
Max Transmit Power	5 dbm
Sensor	IMU unit
Battery	68mAh lithium battery
Charging Voltage	DC 5V
Battery Life	4 hours (varies depending on user habits)
OTA Upgrade	Supported
IP Rating	IPX8

# Tech Specs

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Image: A visual representation of the technical specifications for the Holoswim 2S goggles.

## WARRANTY AND SUPPORT

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Your Holoswim Smart Swim Goggles 2S come with a **1-year warranty** from the date of purchase, covering manufacturing defects. For any technical assistance or inquiries, **24-hour tech support** is available to ensure you have a seamless experience with your product.

Please refer to the contact information provided in your product packaging for support details.

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